

**Bridge to Wellness
Meeting Minutes
January 14, 2014**

Members Present: CBIZ – Christine Welna; Health Partners- Abigail Wright, Brian Rude; Airport – Kathy Carver; Attorney’s Office – Danielle Erjavec; Fire – Charlie Smith, Mike Consie, Dan Smith; HRA- Ken Gustafson; Human Resources – Audra Flanagan, Shannon Sweeney, Melissa Powell, Keely Downs, Amber Haglund-Pagel; Library – Maureen Maloney; Police- Tom Stolee, Tony Radloff; Public Utilities- Ashley Hron;

1. Approval of Minutes

Motion: Danielle Erjavec moved to approve the December 10, 2013 minutes
Seconded: Audra Flanagan
Motion passed: Approved as written

2. Introductions

- a) New members from Fire: Mike Consie and Dan Smith

3. Community Wellness Day 2014- Saturday, March 29, 2014 (Michelle Russell)

- a) Free event to promote healthy families and communities through education and awareness
- b) St. Louis County, UMD Health services, and City of Duluth partner to host the event
- c) Topics covered are health & fitness, financial literacy, public safety, and environmental awareness
- d) 5th year of program
- e) 435 attended the event last year
- f) Shannon Sweeney will be City’s contact for anyone who wishes to participate

4. Frosty Challenge Update

- a) 71 participants enrolled in challenge
- b) Will report participants progress at next meeting

5. Membership Update

- a) Looking for members in Finance

6. 2013 Wellness Accomplishments

- a) Discussed 2013 highlights of various wellness initiatives such as Walk to Key West, Grandma’s Marathon Corporate Challenge, Health Fair, and Biometric Screens/Flu shots.

7. Health Partners Aggregate data from Health Assessment

- a) Discussed program design.
- b) 400 Participants completed the program which equals 20.1% of eligible participants.
- c) Assessment data tracks 193 repeat participants who completed both 2012 and 2013 programs.
- d) Results were comparable with Health Partners book of business in most areas. Some areas that need improvements are weight, prehypertension, and high cholesterol.
- e) Improvements from 2012 to 2013 in both the Modifiable Health Potential Score and Quality of life score

8. Wellness Website Demo (Abby-Health Partners)

- a) New options for 2014 are a mobile application for iPhone and Android devices which automatically sync to web portal. Convenient way to track progress from your phone.
- b) Participant sets a goal for an area to improve and how they want to get there.
- c) Site offers a quick snapshot of participant's goals and areas to improve. Activities base on personal Health Assessment results & goal.

9. Next meeting is February 11, 2014 to include

- a) Approval of January 14, 2014 minutes
- b) Frosty Challenge update
- c) Membership update
- d) Strategic Plan update
- e) Community Wellness Day update
- f) Next Meeting February 11, 2014